GastroDoxs
defenders of the digestive system

Bravo pH Study

Areas Examined & Treated	
Areas	• Esophagus • Lower esophagus near reflux area • Acid exposure in the esophagus • Symptom correlation with reflux events

The Procedure	
Bravo pH Study	
Diagnostic	• This is a wireless acid reflux monitoring study • It measures acid levels in the esophagus • A small capsule is attached to the lining of the esophagus • The capsule sends readings to a recorder worn by the patient • It helps connect reflux symptoms with acid events
Therapeutic	• No treatment is performed by the capsule itself • Treatment recommendations are made after results are reviewed • Medication, lifestyle, or further testing may be discussed

Phone: 832-632-4070 | Fax: 832-688-9496
Email: info@gastrodoxs.com | Website: www.gastrodoxs.com

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Before Your Procedure	
Schedule Your Procedure	
Appointment	Schedule your Bravo pH Study appointment with GastroDoxs by phone @ 832-632-4070 or in the office
Location	• A procedure location will be suggested based on your insurance & geographic area • Please refer to the locations page on our website
Insurance	Our team will obtain the required insurance prior authorization, if needed
Financial	GastroDoxs provider fees will be collected upon scheduling your procedure
Orders	Our team will send your procedure orders to the surgery center
Transportation	• Do not plan to drive after your procedure if sedation is used • You must have someone 18 years old or above to drive you home • No Uber | Lyft | Cab

Changes	To cancel or reschedule, call or text GastroDoxs @ 832-632-4070
Register with the Surgery Center	
General	• The procedure time slot that GastroDoxs has given to you is an approximate time slot. The final time slot will be determined and communicated by the Endoscopy/Surgery Center. Please arrive at the time the center has instructed you to do so. • A representative from the hospital or surgery center will call you to discuss the registration process, time & location of your procedure
Clinical	• The pre-assessment testing team will discuss the following: • Clearance if necessary • Medical History • Medications • Pre-anesthesia questionnaire • Surgical history • Pacemaker, defibrillator, or nickel allergy history

Financial	• Hospital, anesthesia & pathology fees are independent from GastroDoxs • The other fees not related to GastroDoxs are to be discussed directly with the other providers, hospital or surgery center • If you have not heard from the financial representative 24 hours before your procedure, call them at that time
Clearance	

Cardiac
Hematology
Neurology
Pulmonary
	• You may need a clearance if you have high risk conditions requiring clearance
	• You may need a follow-up with your Doctor or Provider before they can issue a clearance
	• Our team will send your Doctor or Provider a clearance request from our office
	• Once our team has your clearance on file, we will call you to schedule your procedure
	• Tell the team if you have a pacemaker, defibrillator, esophageal narrowing, varices, or nickel allergy
	• You may need a clearance if you are on blood thinners or these medications
	  ○ Apixaban | Eliquis
	  ○ Clopidogrel | Plavix
	  ○ Dabigatran | Pradaxa
	  ○ Rivaroxaban | Xarelto
	  ○ Warfarin | Coumadin & Jantoven

Medications	

1 Week Before	• Hold > Proton Pump Inhibitors unless instructed otherwise
	  ○ Omeprazole | Prilosec
	  ○ Pantoprazole | Protonix
	  ○ Esomeprazole | Nexium
	  ○ Lansoprazole | Prevacid
	• Hold > GLP1 Agonist Medication:
	  ○ Dulaglutide (Trulicity)
	  ○ Exenatide (Byetta)
	  ○ Exenatide Extended Release (Bydureon BCise)
	  ○ Liraglutide (Victoza)
	  ○ Semaglutide (Ozempic, Wegovy, Rybelsus)
	  ○ Tirzepatide (Mounjaro)

1 Day Before	• Hold > Oral Diabetes Medication if instructed • Hold > Acid reflux medications as instructed • Insulin > Take adjusted dose if instructed
Procedure Day	• Blood Pressure Medication > as instructed by the pre-assessment team • Insulin > Hold unless instructed otherwise • Others > Hold unless instructed otherwise

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Other	• Continue to take your medications unless specified below • Blood thinners will require a clearance on file before scheduling if needed • The pre-assessment team (PAT) will review your medications & may make other recommendations also
Diet Instructions	
2 Weeks Before	
Foods	No change unless instructed by your provider
Liquids	Drink plenty of water
1 Week Before	
Foods	• No special diet change unless instructed • Avoid reflux trigger foods if your provider recommends it • Follow the medication hold instructions carefully
Liquids	Drink plenty of water
1 Day Before	
Foods	• Light meals may be recommended • Stop - All food after 12am - midnight unless instructed otherwise

Liquids	• Drink plenty of water until the allowed cutoff time • No alcohol • Stop - All liquids after 12am - midnight unless instructed otherwise
Procedure Day	
Procedure Day	• No food or liquids on the procedure day unless instructed otherwise • Blood Pressure Medication > as instructed by the pre-assessment team • Insulin > Hold unless instructed otherwise • Others > Hold unless instructed otherwise

Bravo Recorder Instructions	
Recorder Diary Capsule	• Keep the recorder close to your body during the study • Press the symptom button when symptoms occur • Record meals, lying down, getting up, and symptoms • Do not restart reflux medications unless instructed • Return the recorder and diary after the study is complete

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Diet	No food or liquids on the procedure day unless instructed otherwise
Arrival	• Please ensure you arrive 1-1.5 hours before your procedure • You will check in at registration when you arrive
Pre-procedure	• The clinical team will go through the clinical assessment as well as risks & benefits of the procedure • The anesthesia team will explain all aspects before the procedure • Consent forms the procedure will need to be signed
Sedation	• An intravenous line will be inserted into your arm to administer medication • You will be given intravenous sedation medication during the procedure
Position	• You will be instructed to lie on the left side

Placement	• After sedation, an upper endoscope is gently passed through the mouth into the esophagus • The Bravo capsule is attached to the lining of the esophagus • The capsule starts measuring acid levels and sends readings to the recorder
Post-procedure	• It will take approximately 30 minutes to 1 hour to recover from anesthesia • The clinical team will observe for chest pain, vomiting, dizziness, blood pressure issues, heart rate issue, fever, or swallowing trouble • If you are doing well & have woken up from anesthesia you will likely be discharged to go home
Diagnostic	• The capsule records acid exposure in the esophagus • The recorder stores the acid data during the study period • The diary helps compare symptoms with acid reflux events
Therapeutic	• No treatment is performed by the capsule • Treatment recommendations will be given after the study is completed and reviewed

Pathologist	• Not usually applicable for Bravo pH Study unless biopsies are taken during the upper endoscopy • If biopsies are taken, tissue samples may be reviewed by a Pathologist • The Pathologist will send the reports to our office
Follow-Up	• Our providers will review the report in detail • The findings will be reviewed with you in detail upon follow-up

After Your Procedure	
Recovery	• You will be under observation for 30 minutes to monitor for any symptoms • You may be awake within 30 minutes but may still be groggy for 12-24 hours • Do not plan to drive the remainder of the day after your procedure • The capsule will detach on its own and pass naturally

Transportation	• Do not plan to drive after your procedure • You must have someone 18 years old or above to drive you home • No Uber | Lyft | Cab
Symptoms	Normal post procedure symptoms: • Mild sore throat • Mild chest discomfort • Awareness of the capsule • Mild swallowing discomfort • Mild bloating or gas Abnormal post procedure symptoms: • Severe chest pain • Trouble breathing • Trouble swallowing that is getting worse • Vomiting blood • Black tarry stool • Fever > 100 • Severe abdominal pain • Any other severe or unusual symptoms • Please call 911 & go to the nearest emergency room
Appointment	Ensure that you have a follow-up 2-3 weeks after the procedure

Results	• Your results will be discussed in detail • Treatment recommendations will be given
Questions	Call or text GastroDoxs @ 832-632-4070

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